



State of Alaska Farmer Market (FMNP) and
Senior Farmers Market (SFMNP) Nutrition Programs
Approved Food List

ELIGIBLE FOODS: The following fresh fruits, vegetables and fresh-cut herbs are allowed for purchase in exchange for program benefits. All products must be grown within Alaska borders and be intentionally planted on a farmers' property (either owned, leased, or rented) for the purpose of public sale.

Vegetables	Vegetables	Herbs	Fruit
Artichoke	Mushrooms	Basil	Apple
Arugula	Mustard greens	Chamomile	Cherries
Asparagus	Onion	Chives	Currants
Baby greens	Parsnip	Cilantro	Gooseberries
Beet	Peas	Dill	Haskaps
Bok choy	Peppers	Fennel	Honeyberry
Broccoli	Potato	Lavender	Huckleberries
Brussels sprout	Pumpkin	Lovage	Lingonberries
Cabbage	Radicchio	Marjoram	Melon varieties
Carrot	Radish	Mint	Raspberry
Cauliflower	Romanesco	Oregano	Rhubarb
Celery	Rutabaga	Parsley	Strawberry
Chickweed	Snap beans	Rosemary	
Collard	Spinach	Sage	
Corn	Sprouts	Savory	
Cucumber	Squash	Scallions	
Egg plant	Swiss chard	Sorrel	
Endive	Taro	Spearmint	
Garlic	Tatsoi	Stevia	
Green beans	Tomatillo	Tarragon	
Green onion	Tomato	Thyme	
Kale	Turnip		
Kohlrabi	Watercress		Honey (SFMNP Only)
Leeks	Zucchini		
Lettuce greens	All other eligible greens		

INELIGIBLE FOODS:

The following are not allowed for purchase with program benefits:

- Honey is not eligible for WIC FMNP purchase.
- Fruits & vegetables processed beyond their natural state
(examples: dried, diced, shredded, sliced, frozen, and chopped)
- Fruits, vegetables and herbs with added sugars, fats, and/or oils
(examples: syrups, jams, ciders, fruit leathers, and fruit roll-ups)
- Mixtures containing grains, nuts, seeds, and/or other non-eligible products
- Eggs, meats, cheeses, seafood, canned & dried mature legumes
- Potted herbs, plants, flowers, and starts